

Statistics Report 01186, Cheese, cream, fat free

Report Date: July 11, 2017 14:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	71.87	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Energy	kcal	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Energy	kJ	441	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Protein 1	g	15.69	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Total lipid (fat) 1	g	1.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Ash 1	g	3.77	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Carbohydrate, by difference	g	7.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/1996
Sugars, total 1	g	5.48	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Sucrose 1	g	0.64	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1	g	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Fructose 1	g	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Lactose 1	g	4.84	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Maltose 1	g	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Galactose 1	g	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Starch 1	g	1.05	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Minerals													
Calcium, Ca 1	mg	351	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Iron, Fe 1	mg	0.19	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Magnesium, Mg 1	mg	22	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Phosphorus, P 1	mg	523	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	278	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Sodium, Na 1	mg	702	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Zinc, Zn 1	mg	1.50	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Copper, Cu 1	mg	0.036	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Manganese, Mn 1	mg	0.017	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Selenium, Se	µg	4.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Thiamin 1	mg	0.040	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Riboflavin 1	mg	0.265	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Niacin 1	mg	0.230	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.840	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin B-6 1	mg	0.050	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Folate, total 1	µg	35	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	35	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Folate, DFE	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Choline, total	mg	65.2	--	--	--	--	--	--	--	--	Calculated or imputed	01017	06/2008
Vitamin B-12 1	µg	0.95	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Retinol	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	01017	06/2008
Carotene, beta 1	µg	11	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Carotene, alpha 1	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta 1	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin A, IU	IU	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Lycopene 1	µg	0	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol) 1	mg	0.02	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Tocopherol, gamma 1	mg	0.01	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Tocopherol, delta 1	mg	0.00	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	0.2	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Lipids													
Fatty acids, total saturated	g	0.644	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.056	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
6:0	g	0.029	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
8:0 1	g	0.041	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
10:0 1	g	0.035	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
12:0 1	g	0.025	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
14:0 1	g	0.083	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
15:0 1	g	0.009	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
16:0 1	g	0.242	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
17:0 1	g	0.005	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:0 1	g	0.115	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 1	g	0.001	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
22:0 1	g	0.002	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Fatty acids, total monounsaturated	g	0.250	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
14:1 1	g	0.006	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
15:1 1	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
16:1 undifferentiated 1	g	0.011	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
17:1 1	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:1 undifferentiated 1	g	0.233	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:1 1	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
22:1 undifferentiated	g	0.000	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Fatty acids, total polyunsaturated	g	0.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated 1	g	0.042	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:3 undifferentiated 1	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
18:3 n-3 c,c,c (ALA) 1	g	0.006	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:3 n-6 c,c,c 1	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
18:4	g	0.000	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
20:2 n-6 c,c 1	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:3 undifferentiated 1	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:4 undifferentiated 1	g	0.002	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
20:5 n-3 (EPA)	g	0.000	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
22:5 n-3 (DPA)	g	0.001	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Cholesterol 1	mg	12	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Amino Acids													
Tryptophan 1	g	0.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Threonine 1	g	0.616	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Isoleucine 1	g	0.858	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Leucine 1	g	1.737	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Lysine 1	g	1.501	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Methionine 1	g	0.505	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Cystine 1	g	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Phenylalanine 1	g	0.769	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine 1	g	0.802	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Valine 1	g	1.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Arginine 1	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Histidine 1	g	0.464	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Alanine 1	g	0.486	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Aspartic acid 1	g	1.361	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Glutamic acid 1	g	3.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Glycine 1	g	0.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Proline 1	g	1.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Serine 1	g	0.990	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline ¹	g	0.030	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/1996
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD